



MyPyramid Audio Podcasts

Physical Activity 2 - Reduce Your Health Risk

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host, and I'll be sharing tips you can use everyday to eat right and in this case -- get active.

[Sound Effects: jogging, biking, ball sports] You already know physical activity is vital for a healthy lifestyle. So, here are some more reasons to get active. The most recognized benefits are being more fit and maintaining weight. However physical activity also can lower your risk for diseases like type-2 diabetes and heart disease. We've heard people talk about a runner's high or feeling better after playing a sport. That's because physical activity can relieve stress and improve self-esteem.

Now you have even better reasons to get active! Join us next time to find out some ways to do it. And don't forget to stop by MyPyramid.gov for more great tips. Until next time!